What can you do to conserve energy?

* CFLs use 60% less energy than a regular bulb. This simple switch will save about 300 pounds of carbon dioxide a year.
* Programmable thermostats will automatically lower the heat or air conditioning at night and raise them again in the morning. They can save you $100 a year on your energy bill.
* Almost half of the energy we use in our homes goes to heating and cooling. You could save about 2,000 pounds of carbon dioxide a year with this simple adjustment. The American Council for an Energy Efficient Economy has more tips for saving energy on heating and cooling.
* A shower takes up to four times less energy than a bath. To maximize the energy saving, avoid power showers and use low-flow showerheads, which are cheap and provide the same comfort.
* Sharing a ride with someone just 2 days a week will reduce your carbon dioxide emissions by 1,590 pounds a year.
* Select the most energy-efficient models when you replace your old **appliances**. Look for the Energy Star Label.
* Clean or replace **air filters** as recommended. Energy is lost when air conditioners and hot-air furnaces have to work harder to draw air through dirty filters. Cleaning a dirty air conditioner filter can save 5 percent of the energy used. That could save 175 pounds of CO2 per year.
* Whenever possible, **walk, bike, car pool, or use mass transit**. Every gallon of gasoline you save avoids 22 pounds of CO2 emissions.
* Have an energy meeting with your employees and co-workers to discuss ways to save energy.
* Consider having employees use lap top computers since they use up to 80 percent less energy than a standard desktop computer.
* Use the cruise control whenever possible. It saves fuel by keeping your vehicle at a steady speed.
* Today's modern solar heaters work very well. They can cut pool heating costs in half.
* Plant evergreen trees to protect your home from the chilling winter winds.
* Plant natural grasses and shrubs that are native to your area and do not require a lot of extra water in the summer

Bibliography:

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